

NAVSUP Fleet and Industrial Supply Center - Norfolk, Virginia

Supply Chest

May 5, 2006

Ready - Resourceful - Responsive!

Vol. 57 No. 9

FISC employee entertains Chinese with dance group

By Mike Antoine

Naval Station Ingleside

By day, Craig Stephen Kalei'alii McCabe is a mild-mannered, soft-spoken supply operations specialist with the Fleet and Industrial Supply Center Jacksonville's Ingleside detachment. He's worked there for the past 10 years, and loves his job.

But after work, he "lets his hair down," and trades in his charts and personal computer for his "Aloha" shirt and flip flops — and performs with the "Pacific Islanders," a Corpus Christi-based Polynesian dance group.

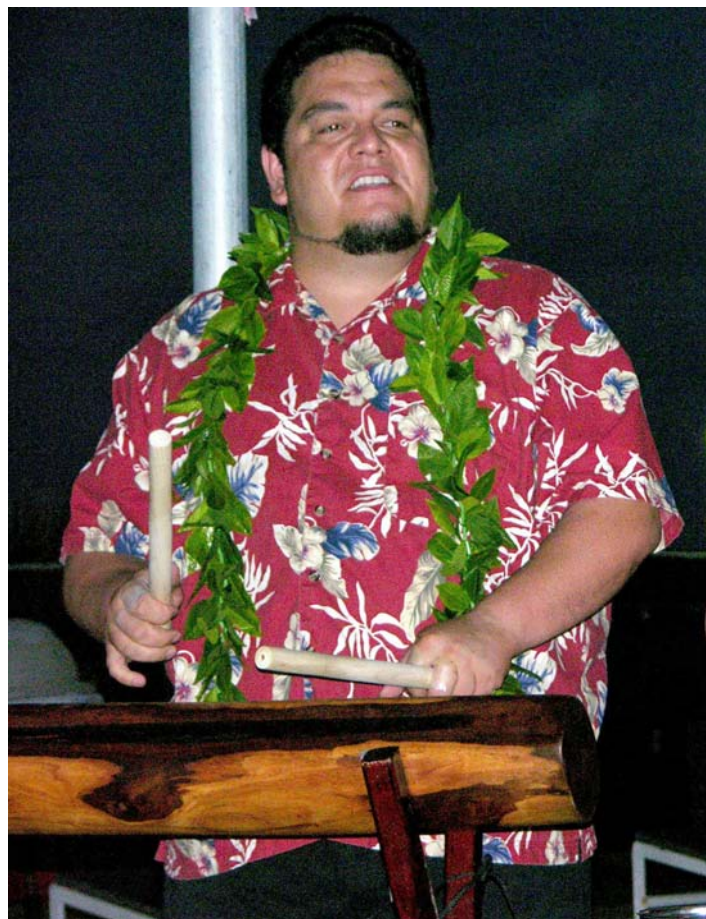
You might say Polynesian dancing is in his blood. "Being of Hawaiian descent, it was a part of my childhood," McCabe said. "My family has been dancing and entertaining for generations."

"I was immersed in my culture as a child. My first instructors were my mother, father, sister, aunts, uncles and cousins. As I grew older and matured I was taught more and more about the art of Hula and other Polynesian cultures," he said.

McCabe and the group have performed locally at Shrimporree, Bayfest, Oysterfest, Seafair, Riofest and a variety of other venues. They've also toured with the Bob Marley Festival to Arizona, New Mexico, Louisiana, Mississippi and Texas, and were the opening act for international recording artist Jon Secada.

The group performs about 70 times a year, exhibiting dances from Hawaii, Tahiti, Samoa and New Zealand.

McCabe and "company" recently returned from Jinan, China, where they performed at the 2006 Euro-American Festival, held May 1 - 7. Jinan is the capital city of the Shandong Province, in the eastern edge of the North China Plain.



Craig McCabe beats a log drum during a private party last summer.

continued on page 4

Send us your significant events!

May and June are filled with significant events - graduations, weddings, births - and we want to help you get the word out. If you have a loved one who has graduated from high school or college, let us know. Do you have a child who received a significant scholarship or merit-based grant for advanced education? Let us know! Did someone special in your life have a baby recently or get married? Let us know! Show everyone in the FISC Norfolk family how proud you are of your loved-one's achievement. Send your submissions to jim.kohler@navy.mil, or call 443-1014.

What's inside?

COMFISCs Farewell	3
Changes to Bldg. W-143 6th floor	4
Warm weather means motorcycle safety.....	5
FISCN hosts LSC Symposium	6
Bravo Zulu	7
FISCN People of the Quarter	9

From the Commanding Officer ... Farewell and thank you

The time has come for me to submit my retirement papers and close out a 30-year career as a Navy Supply Corps officer.

I have spoken to Rear Adm. Dan Stone, Commander, Naval Supply Systems Command and Chief of Supply Corps and have requested to retire effective Oct. 1, 2006.

I expect to detach in late July or early August. Certain events and decisions have to occur before a change of command date can be set.

I want you to know that your unswerving dedication and commitment to the establishment of the COMFISCs organization has been an inspiration to me. We have come a very, very long way since the summer of 2003 with the rollout of the Material Support Integration (MSI) initiative, the establishment of FISC Sigonella, and the refinement of the COMFISCs global supply chain. In all respects, the COMFISCs team is fully supporting and leading the four phases of the NAVSUP Transformation. However, the work is far from over.

You all know that transformation is a journey and not a destination. I appreciate your full engagement and continued great support in the weeks and months ahead. You will have my full engagement and support as well.

Thanks for all that you do.



Rear Adm. W. A. Kowba

Renovations will affect access to Bldg. W-143 sixth floor

On May 15, the 6th floor main lobby (as you get off of the elevators) will be closed approximately 45 days for major renovations. During these renovations, the main lobby elevators (all four) will be programmed to go to the 5th floor. Once on the 5th floor, you will be required to walk up one flight of stairs to the 6th floor. Use stairwell 2, behind the elevators.

To exit the 6th floor, you will be required to walk down one flight of stairs and then use the elevators to the 1st floor. Again, stairwell 2, behind the elevators is recommended.

Department/Deputy Directors: Identify handicap employees within your department/divisions that will have problems with walking up/down one flight of stairs. Once these employees have been identified, pass the information on to Ray Spivey ASAP. Other arrangements will be made for these employees.

Handicapped employees that have reserved parking spaces out front will be contacted by Ray Spivey to inform them of their temporary reserved parking spaces located at the west end of W-143.

During this timeframe, the large roll-up door, west end of W-143 will be open Monday-Friday, 6-8 a.m. for employees that have a valid badge to get into W-143.

Supply Chest

Fleet and Industrial Supply Center
1968 Gilbert Street, Suite 600
Norfolk, Virginia 23511-3392
(757) 443-1013/14

Capt. Timothy J. Ross, SC, USN, Commanding Officer
Bob Anderson, Public Affairs Officer/Managing Editor
Jim Kohler, Editor
Bill Pointer, Staff Photographer
Steve Craddock, Staff Graphic Illustrator

This appropriated funds newspaper is an authorized publication for military and civilian personnel of the Fleet and Industrial Supply Center (FISCN), Norfolk, and the Defense Distribution Depot (DDNV), Norfolk. It is published by the FISCN Public Affairs Office, located in building W-143, Naval Station Norfolk. Contents of the Supply Chest are not necessarily the official view of, or endorsement by, the US Navy. The Supply Chest is a bi-weekly publication published in compliance with the provisions of NAVSO P-35. It is a member of the American Forces Press Service and is available on line at www.nor.fisc.navy.mil. Material may be reprinted if proper credit is given. Submit material to the FISC Public Affairs Office, Code 00PA, or call (757) 443-1014 DSN 646-1014; FAX (757) 443-1015. All material is subject to editing.



A visiting group from NAVICP took time from their schedule to pose for a photo on the rooftop of Building W-143. Their FISCN visit was part of a three-day "face-the-fleet" visit to the area so they could see first-hand what their work supports.

Safe home computing practices

Recent data indicates that Navy personnel have become victims of malware with the capability of logging keystrokes and/or monitoring the Web browser for Web form submission data, and then exfiltrating the collected personal data to commercial databases/Websites via a FTP connection. Personal data at risk includes social security numbers/pin pairs for .mil websites, usernames and passwords, and credit card numbers. Every occurrence has been without the home users' knowledge, leading to account compromise and the possibility of identity theft.

Telecommuting, remote access and users working at home dramatically increase the chances of a network infection. Everyday computing, the "always connected" cable modem, peer-to-peer applications, spyware/adware and the plethora of malware currently circulating make a home computer connected to the internet particularly vulnerable. Certain malicious logic has the capability to perform keystroke logging which allows user names and passwords to be exfiltrated. This is possible on any site requiring a user name and password (banks, myPay, NKO, BUPERS, PayPal, auction Websites, etc) and can lead to identity theft, fraud and other unwanted activities.

Spyware or adware is computer logic that is often installed on the home computer without the users knowledge and performs a myriad of functions such as tracking and reporting websites visited. Spyware and adware is becoming increasingly sophisticated and is an integral part of numerous peer to peer software applications. Spyware/adware can install key stroke logging functions on the home computer and can also lead to theft and fraud.

Installing anti-spyware and anti-virus software will help protect your computer from unwanted intrusions.

Fleet & Industrial Supply Center
Norfolk

Lunch & Learn

Asian/Pacific Islander
Heritage Month

Guest Speaker
Virginia Beach
Councilman
Ron A. Villanueva

May 24, 2006
11:30 - 12:30
Jack Room

May is Asian Pacific American Heritage Month

"Dreams and Challenges for Asian Pacific Americans"

Their “far trek” involved more than 16,000 miles and over 40-hours of flight, round trip.

“We performed three shows a day for eight days at Peoples’ Park, in a stadium that could seat 5,000,” McCabe said. The dance group was one of seven acts performing daily.

McCabe explained that between shows the group, which included four dancers and four drummers, would hop in a taxi and go shopping or sight seeing. “Our days started at 5 a.m. – and ended about midnight,” he laughed. “We didn’t get a whole lot of sleep.”

McCabe has a photo album full of memories from the trip: the wild taxi rides, mingling with native Chinese in shopping marts, breathtaking scenery — and of course all kinds of sumptuous Chinese fare.

But his favorite moment was none other than the group’s final evening performance, which included a group of VIPs, along with a standing-room crowd.

“Attendees at our show up to that point had to pay an admission and we’d usually have 3,500 to 4,000 in the audience. On the final night, admission was free.”

McCabe said that following the show, officials allowed the people in the audience to mingle with the performers on the stage.

“We spent the next four hours signing autographs and posing for pictures with attendees,” he said. “We felt like international celebrities.”

“Actually, we drew large crowds wherever we went,” he continued, “because many of those people had never been around Westerners.”

According to McCabe, there are 56 dialects in China, but Mandarin is the official nation language. “At first we were surprised when so many of the Chinese people talked to us in English, but we learned eventually that school children are taught Mandarin and English beginning at age 5,” he said.

McCabe joined the Pacific Islanders dance group in May 1995. “I was doing freelance Polynesian entertainment, and the group’s founder learned that I was moving to the Corpus Christi area from San Antonio and she contacted me,” he said.

The rest is history.

“I do everything from directing the band, performing Master of Ceremonies duties, sewing costumes, repairing sound equipment, making implements/instruments, teaching and performing dances,” McCabe said. He also performs fire knife dances with 35-inch curved blade machetes.

McCabe and his family arrived in Texas in 1977 – via Alaska. McCabe explained that his father was a Master Sergeant and worked with the U.S. Army Intelligence in Hawaii, where he was fortunate to be stationed for many of McCabe’s childhood years.

In 1974, however, his father got orders to an Army installation near Fairbanks, Alaska, about 50 miles from the Arctic Circle. McCabe said he realized he was no longer in “paradise.”

“It would snow so much at times that it would be piled up so high it would cover their home’s second floor windows. “We’d actually run out of fresh food and have to eat C-rations because we were snowed in for two weeks at a time,” he recalled.

In 1977, McCabe’s father retired with 28 years of service, and



Craig McCabe performs a dance with fiery knives

headed south by car.

“We drove for three months before my dad decided to retire in Texas,” McCabe smiled.

“We stayed at just about every campground and saw every historical site between Alaska and Mexico,” he said.

After the family settled into their new home in San Antonio, McCabe would spend summers with family in Kaneohe, Oahu.

It was during those “summers in paradise” that McCabe began to hone his talent.

As busy as McCabe stays with his full-time job and performing with the dance group, he also finds time to perform with his parent’s group, Na Pua O’Hawaii, in San Antonio.

He also shares his 30 years of knowledge and skill in the entertainment field as an instructor with Hula Halau - Ho’ola Ka Mano ‘O Hawaii, a non-profit Hawaiian School in San Antonio.

How does fit everything into his schedule? “I don’t sleep much,” he explained.

His main love, however, remains with the Pacific Islanders. “We rehearse every Monday night for about three hours — and countless more individually and in small groups — creating, perfecting and memorizing all the songs and dances,” he continued.

Indeed, all the practice is paying off. Festival promoters in Jinan were so impressed with the group they wanted to sign them up to perform at the event on a regular basis.

“That would be a little rough on us,” McCabe grinned, “but I can’t wait to go back,” he smiled.

CLICK-IT OR TICKET

From the Fleet ... Motorcycle safety

By Pacific Fleet Master Chief (SS/SW) R. D. West

Spring is certainly in the air, and many of you are starting to put away the snow shovels and winter clothes in favor of shorts and warm weather recreation.

For many of our shipmates, this also means the joy of opening up the garage or shed and knocking the dust off the motorcycles and other recreational vehicles. You can already visualize zooming down the road on last year's purchase ... the wind blowing through your tank top and hair. There's nothing greater than that on a warm, sunny day, right?

Wrong! Sadly, we've see it too many times when Sailors and civilian employees start their bikes for the first time in months and think they're at the same ability level as they were at the end of summer.

I've seen many accident reports where personnel didn't have the proper training, safety gear, and for that matter good common sense.

Just for the record, I support and promote motorcycle and all terrain vehicle (ATV) use as much as the next guy, but I support safety first, and I temper that support by insisting the requirements in OPNAVINST 5100.12G are lived up to in letter and spirit.

That's the Navy instruction outlining all the requirements military and civilian personnel must meet in order to ride their vehicles on and off base. If you need a copy, go to www.nps.navy.mil/safety/PDFs/5100_12g.pdf and read up because I bet a lot of you didn't you know you risk the possibility of losing medical benefits if you don't meet the instruction requirements.

When I listen to our Sailors talk about riding the bikes and I remember when I owned one, it was fun. But you have to ensure you are safe ... it has to be a priority.

When we lose one Sailor to this sort of thing, it's one too many and it's a waste.

So what are the rules? They're pretty simple, shipmate.

First and foremost – get training. Most motorcycles are fairly high-performance vehicles, and many people tell me you need the reflexes of a fighter pilot to keep some of them under control.

The Navy offers the motorcycle safety course virtually everywhere, so take the course. It's a requirement. The course will show you the proper way to control all that

power and performance so you won't wind up a statistic in one of the Safety Center's reports.

Second, remember the personal protective equipment (PPE). You need to wear it, folks. I know some states don't have helmet laws. I see personnel riding around – no helmets, shorts, no shoes – it's dumb.

We recently had a Sailor killed riding in housing with no helmet after hitting a parked car. No-helmet laws are no excuse or exemption. You must wear PPE. If not for yourself or a passenger, then because it's a lawful order.

Right out of the instruction, the following personal protective equipment (PPE) is mandatory while operating or riding as a passenger on a motorcycle:

- A properly fastened (under the chin) protective helmet certified to meet U.S. Department of Transportation (DOT) standards. If the host nation does not have an equivalent helmet standard, the helmet will meet the U.S. DOT standard. Fake or novelty helmets are prohibited.

- Properly worn eye protective devices (impact or shatter-resistant goggles or full-face shield properly attached to the helmet). A windshield, fairing or eyeglasses alone are not proper eye protection.

- Properly worn long-sleeved shirt or jacket, long-legged trousers and full-fingered gloves or mittens designed for use on a motorcycle.

- Sturdy footwear is mandatory. Leather boots or over-the-ankle shoes are strongly encouraged. No flip-flops!

- A brightly colored outer upper garment during the day and a reflective upper garment during the night. The outer upper garment shall be clearly visible and not covered. Your uniforms don't meet these criteria.

To get more information about training, what not to do, and what kind of PPE you should have, check out the Safety Center's motorcycle safety website at <http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle/default.htm>. Additionally, the Safety Center has lots of good information on summer safety ... now is the time to be well into that.

Last thing we need to talk about is speed. Motorcycles and cars speeding down to road have only one difference: you're less



Pacific Fleet Master Chief (SS/SW) R. D. West

likely to be killed in the car.

Just because your bike can hit 160 mph doesn't mean you should drive it that fast. Motorcycles may be more maneuverable, but can you really anticipate what the driver ahead of you is going to do? Especially if you're going 40, 50, 60 feet per second? If you said, "yes," then you need to go back to the safety course, 'cause it didn't sink in the first time around.

Now my example doesn't involve motorcycles, but I believe it to be applicable for all types of vehicles and speed.

Awhile back in Hawaii a couple of speeding Eclipses blew through traffic on the freeway and rear-ended a flatbed truck.

The impact and fireball killed four people and injured two others. When the police got there, two people were burned so far beyond recognition the police couldn't determine their gender. The passenger in the flatbed was killed, and the driver was seriously injured.

The racers were soldiers at Schofield Barracks. The men in the flatbed were just doing their jobs. It was a terrible tragedy and a huge waste.

Shipmates, I don't want to sound preachy, but the cold, hard facts are we lose too many good people to motorcycle and vehicle accidents due to improper or no training, a lack of PPE, or driving too fast.

Be smart and enjoy the upcoming nice weather. Whether it's on a bike, an ATV, or just riding around with the top down. As long as you're thinking safety, the experience will remain a fun and memorable one.

CEAP Corner ... Attitude of gratitude at work

Morale is a big workplace concern. Morale contributes to or detracts from employee turn-over, productivity, attendance, teamwork and the quality of life at work. Some indicators of low morale come from employees who make some of the following statements:

"No one ever listens to me."

"I don't feel valued as an employee."

"My opinions don't seem to count."

"Sure I get recognized - whenever I make a mistake."

"No one notices the good things I do."

"I wish the people I work with would say 'thank you' sometimes."

The good news is that promoting positive morale cost nothing! It takes intention, a plan, and follow-through to carry out our good intentions. Contributing to morale is everyone's responsibility. Each and every employee can make a difference.

GO AHEAD, HAVE AN ATTITUDE!

It all starts with having an attitude - an attitude of appreciation for the contributions of our co-workers, subordinates, and supervisors. Here are some ideas on improving morale by your demonstrating an "attitude of gratitude" at work:

- Do something nice for someone.
- Bring food to work to share.

- Notice when someone is helpful to you and say "thank you."

- Find something good to say to each person in your workplace - then tell them.

- Tell a co-worker how much you value your working relationship.

- Tell the administrative staff and the clean-up crew how important they are to the organization.

- Bosses - comment on something a subordinate has done particularly well.

- Tell your boss what you appreciate most about working for him or her - bosses need recognition also.

- Say something positive about your organization for others to hear. Negative comments seem to come all too easily.

- Perform a random act of kindness - refill a co-worker's coffee cup or, if you're energetic, offer to go out and pick up lunch for your co-workers.

- Tell someone that you like their ideas and value their opinions. You don't have to agree with them to do this.

- On your way home from work after carrying out one of the above suggestions, tell yourself how great you are for expressing your appreciation for others.

One of the paradoxes of life is that we



Kassandra Hayes

become more fulfilled by giving to others rather than by receiving. If we're fortunate, some of the positive things that we do for others will be reciprocated.

For individualized and confidential assistance, contact your Civilian employee assistance program: Civilian Employee Assistance Program at 757-443-1049.

Logistics Support Center hosts LSC Symposium

FISC Norfolk Executive Officer Capt. Asa Page gives opening remarks during the recent LSC Symposium. The two day event brought together LSC representatives from throughout the NAVSUP community. Sessions included discussions of the various ways LSCs support the fleet, and allowed attendees to compare notes on how they can better serve their customers.



Bravo Zulu



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Mary Arnold after presenting her with her 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Clarence Covington after presenting him with his 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Barbara Brooks after presenting her with her 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Larry Grantum after presenting him with his 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Mary Kidd after presenting her with her 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Carolyn Wilson after presenting her with her 30-year pin.



FISC Norfolk Commanding Officer Capt. Tim Ross congratulates Jim Wilson after presenting him with an award for a Beneficial Suggestion he made for expediting and lowering the cost of handling personal effects.



Leanne Hanger, FISC Norfolk Det. Philadelphia, has been awarded a Naval Supply Systems Command Competition and Procurement Excellence Award in the individual competition category for implementation of the Navy's Financial Improvement Plan (FIP). She will be formally recognized during a ceremony at the Pentagon on May 19.

Bravo Zulu



Bravo Zulu



Edward "Bo" Fuller, Code 502, is the FISC Norfolk Supervisor of the Quarter.



Dan Oros, Code 700, is the FISC Norfolk General Schedule Employee of the Quarter.



James Caswell, Code 405.1, is the FISC Norfolk Wage Grade Employee of the Quarter



The FISC Norfolk Work Team of the Quarter is REO/MEO FISC NORFOLK DET WASHINGTON, CODE 415.1. Pictured are (kneeling in front, from left to right) Carlton Carroll, Merlin Kaufman (second row, left to right) Ethel Murray, Marion Jarmon, ISSOT Contractor Wilma Featherstone, Robin Karis, Charles Powers, (back row, left to right) Alvin Royal, Terry Greer and Lee Thomas. Not pictured is Carl Ingle.

Also nominated for people of the quarter ...

Also nominated for Work Team of the Quarter were Special Material Supply Branch, Code 401.5; FISCN Annex Code 504.1, Bath; and the ATAC Hub, Codes 502/506, Norfolk. Also nominated for Supervisor of the Quarter were Jean Darden, Code 504.3; James O'Sullivan, Code 280.2; Ernest Terry, Code 415.74; Roland Fletcher, Code 504.2; and Mark Lunn, Code 504.3. Also nominated for Wage Grade Employee of the Quarter were Susan Dickson, Code 504.1; Ed Varney, Code 405.2; Joyce Harris-Mitchell, Code 401.7; Linda Hays, Code 504.3; Lisa Couch, Code 410.17; Sheila Adams, Code 401.4; Teresa Chesnut, Code 410.1; Thelma Campbell, Code 250.g; Arthurene Lattimore, Code 415.7; and Wanda Daniels, Code 506. Individual nominees received a time-off award just for being nominated.